

Ankle brachial pressure index (ABPI) , Toe brachial pressure index (TBPI)

Why has this been recommended?

Your health professional would like to get a better idea of how much fresh blood (arterial) is getting to your feet. Your venous blood (old blood) is a separate form of circulation. If you are having pressure stockings recommended to you to improve your venous circulation, it is best to establish if your arterial circulation is strong enough to cope with pressure stockings first.

How is this done?

The blood pressure is taken for 2 arteries (pulses) on both feet by a small doppler ultrasound machine (like used for pregnancies, without the video), with the blue gel applied to do this. The noises heard, and waveforms seen on the screen let the podiatrist know the health of these arteries. The blood pressure is taken 4 times for the feet during an ABPI, with the cuff around your ankle.

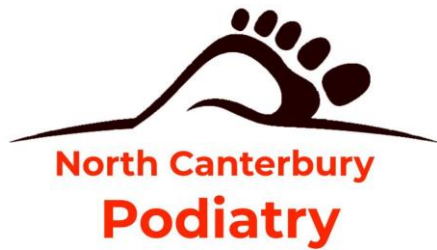
If the arteries have calcified (gone hard, common with diabetes) and cannot be compressed for ankle blood pressure, or the pulses cannot be found, big toe blood pressures may be taken instead. Also, if you have a wound or delicate skin on your ankle, or a history of leg blood clots, it may be best to not use a blood pressure cuff on your ankle.

A small sensor (PPG) is taped to end of your big toe, and a small blood pressure cuff placed around the base your big toe. This is the same sensor used commonly at by doctors and nurses on your finger for your saturated oxygen levels. Your blood pressure is taken once for each big toe.

What do the results mean, and how are they used?

After your ankle or toe blood pressures are taken, the blood pressure of both arms is then taken, and divided mathematically. Ideally, your ankles should be getting 0.9-1.2 (90 – 120%) of what your arm blood pressure is. Your big toe should be getting at least 0.7 (70%) of what your arms are getting. The highest score per foot is used. It will let us know whether more lengthy, hospital based examinations should be done or not, and how urgently.

(Please turn over for preparation for appointment)



(Continued)

Preparation for appointment:

No stimulants- coffee, tea, energy drinks, cigarettes or vapes for 1 hour before your appointment.

No depressants- alcohol- for 1 hour before your appointment.

Please wear clothing that will allow blood pressure cuffs to be placed on your ankles and arms- looser trousers or shorts, short sleeved shirt under a jacket or similar.

If you know what your arm blood usually is (ballpark figure), that can be helpful but is not essential.

Your appointment will be 40-60 minutes long. You will need to lie reclined for 20 minutes in the clinic room before the testing to begin, to ensure you are sufficiently relaxed, rested and warm for proper results. Your results will be given to you at the appointment, and a copy sent to your doctor.

Please don't hesitate to contact with clinic with any further questions:

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